


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><i>November 2012</i>  Brunswick Senior Center  12 East "A" Street Brunswick, MD 21716  Email: brunswickseniorcenter@frederickcountymd.gov</p>				9:00 Strength Training 10:30 Self-Check Blood Pressure Screening 11:00 Crochet group	1 <u>Department of Aging Trip- Camden Yards</u> 10:30 Exercise to Video 1:00 Local Shopping	2 <b>HELP WANTED</b> Volunteers needed to help with Home Delivered Meals, Computer classes, craft classes, etc.
4 <i>Brunswick 80<sup>th</sup> Annual Veteran's Day Parade</i> <small>Daylight Saving Time Ends</small>	5 9:00-2:00 Medicate D Appointments 10:30 Exercise to Video 11:00 Wii bowling	6 <b>Center Closed County Holiday</b>	7 11:00 Craft Project 12:45 "Brown Bag" BINGO	8 9:00 Strength Training 11:00 Crochet group Celebrate November Birthdays	9 10:30 Wal-Mart Shopping Trip Lunch & Transportation	10 <i>Don't forget to set your clocks back 1 hour</i>
11 <b>Veteran's Day</b> <div style="border: 2px solid red; padding: 5px;"> <i>"This nation will remain the land of the free only so long as it is the home of the brave." -Elmer Davis</i>            Thank you to our VETERANS         </div>	12 <b>Center Closed County Holiday</b>	13 9:00 Strength Training <b>Center Closed</b>	14 11:00 Nurse Steve "Heartburn or Heart Attack?" 12:45 "Thanksgiving" BINGO	15 9:00 Strength Training <u>Trip to Frederick, Senior Center &amp; lunch</u> 6:00 Dinner & Dance	16 <u>Department of Aging Trip- Pentagon</u> 10:30 Exercise to Video 1:00 Local Shopping	17 <b>Special Menu:</b> Thursday the 15th <u>Visiting the Frederick Senior Center</u> Turkey, potatoes, gravy, stuffing, peas & carrots, cranberry sauce & Pumpkin Pie Call for reservations by Friday 11/9
	19 10:30 Exercise to Video 11:00 Wii bowling 11:45 Trivia	20 9:00 Strength Training <b>Center Closed</b>	21 Lunch out with friends 1:00 BINGO at Brunswick House	22 <b>Center Closed County Holiday</b> <small>Thanksgiving Day (US)</small>	23 <b>Center Closed County Holiday</b>	
25 Join us for lunch, meal reservations are necessary 48 hours in advance.	26 10:30 Exercise to Video 11:00 Wii bowling	27 9:00 Strength Training <b>Center Closed</b>	28 12:45 BINGO	29 9:00 Strength Training 11:00 Crochet group & <i>Holiday Project</i>	30 <u>Department of Aging trip- Arundel Mills Mall</u> 10:30 Exercise to Video 1:00 Local Shopping	 <p><b>Brunswick Senior Center</b>  <i>"Where everyone is someone"</i></p>

Center hours: Monday, Wednesday, Thursday & Friday 8:30 – 4:00

**PHONE NUMBER: 301-834-8115**